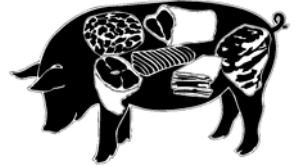


HEALTHY MOVES WITH PORK



Tips for seasoning and cooking healthful pork.

FLAVORING PORK FOR COOKING

- ◆ **RUB** - Season pork meat with a favorite herb or spice by rubbing it on the surface of the meat before cooking.
- ◆ **MARINADES** - Create a marinade with a mixture of your favorite spices + cooking oil + fruit juice, vinegar or soy sauce. Marinate pork in a plastic bag or glass container in the refrigerator for at least 30 minutes or overnight. Discard leftover marinade.
- ◆ **SAUCES** – Add flavor to pork dishes using creamy mushroom soup or hot & spicy sauces like salsa.

PREPARING AND COOKING PORK

Trim away fat. Cook meat so it will be tender and moist. There are many different ways to cook different cuts of pork:

- **Stews** – for small pieces of less-tender pork.
- **Braise** (*brown meat in pan, add small amount of liquid, cover and slowly cook until meat is tender*) - large or small cuts of less-tender pork.
- **Sautéing** (*cook in pan with a small amount of fat*) - for thin, small cuts of pork (thin chops, ground pork)
- **Panbroiling** (*cook in pan with no added liquid or fat until done*) - for small cuts, one-inch thick or less (chops, ham slices, bacon, ground pork patties).
- **Broiling/Grilling** - for chops at least one-inch thick, ribs and pork patties
- **Roasting** - for large pork cuts (loin roasts, shoulder roasts, ham, leg roasts)

Pork should reach an internal temperature of 160°F. Do not overcook pork. Overcooking pork can make meat tough and dry.



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